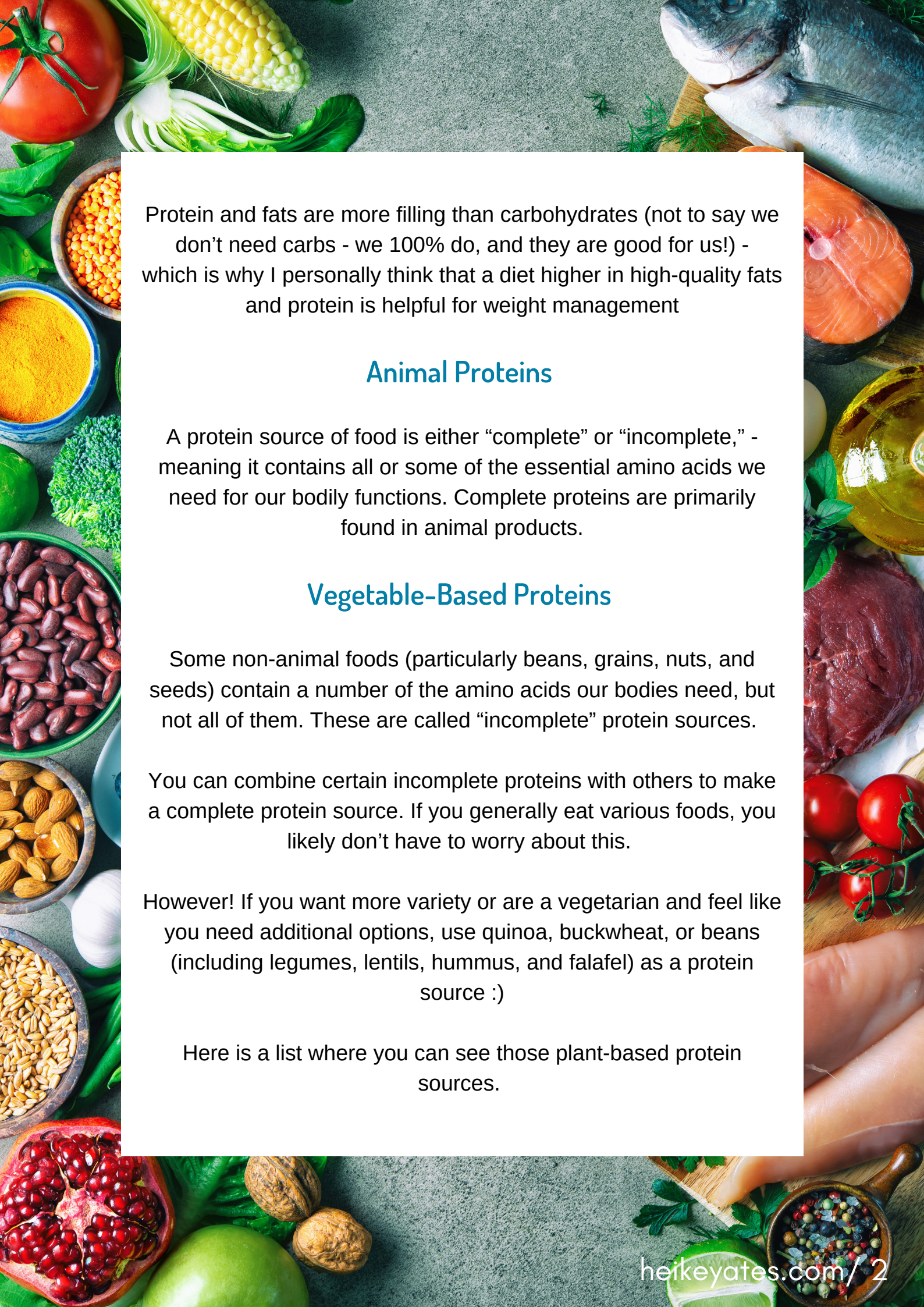




What Counts As

Protein





Protein and fats are more filling than carbohydrates (not to say we don't need carbs - we 100% do, and they are good for us!) - which is why I personally think that a diet higher in high-quality fats and protein is helpful for weight management

Animal Proteins

A protein source of food is either “complete” or “incomplete,” - meaning it contains all or some of the essential amino acids we need for our bodily functions. Complete proteins are primarily found in animal products.

Vegetable-Based Proteins

Some non-animal foods (particularly beans, grains, nuts, and seeds) contain a number of the amino acids our bodies need, but not all of them. These are called “incomplete” protein sources.

You can combine certain incomplete proteins with others to make a complete protein source. If you generally eat various foods, you likely don't have to worry about this.

However! If you want more variety or are a vegetarian and feel like you need additional options, use quinoa, buckwheat, or beans (including legumes, lentils, hummus, and falafel) as a protein source :)

Here is a list where you can see those plant-based protein sources.



Here is a good list and what 1 “normal” serving of different proteins includes. By “normal,” I mean the amount one could add to a meal or snack.

1 “normal” serving = ~150 calories

Poultry (Chicken & Turkey)

Chicken breast: one 4oz skinless chicken breast

Chicken thigh: one 4oz skinless chicken thigh

Grilled chicken strips: 4oz grilled chicken strips

Deli slices: 4-5oz deli slices

Ground turkey/ chicken: 4oz ground turkey

Turkey burger patty: 1 burger

Turkey meatballs: depends on the size of meatballs!

Sausage: 1 link

Pork

Pork tenderloin: 4oz tenderloin

Deli slices (e.g., ham): 4oz slices

Ham: 4oz slices

Uncured prosciutto or salami: 2oz slices

Uncured bacon: 3 slices

Pork meatballs: it depends on the size of meatballs!

Uncured pork hot dog: 1 hot dog

Turkey jerky: depends on the type!

Meat

Ground beef: 3oz cooked

Steak tips: 4oz cooked

Steak: 3oz

Burger patty: 1/2 patty

Beef hot dog: 1 hot dog

Beef jerky: depends on the type!

Fish & Seafood

Tuna: 1 regular-sized can or 1 packet

Smoked salmon: 5oz

Salmon filet: one 5oz filet

Shrimp: 30 medium cooked

Lobster: meat of 1 medium lobster

Scallops: 6oz

Canned salmon: 4oz



Nuts & Seeds (includes some non-dairy substitutes)

Tree nuts (almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pistachios, pine nuts, walnuts, etc.): 1/8-1/4 cup

Peanuts: 1/8-1/4 cup

Nut butters: 2 Tbsp

Seeds (e.g., pumpkin seeds, sunflower seeds, etc.): 3 Tbsp

Unsweetened nut milk (e.g., almond milk, cashew milk, etc.): 1 cup is a “typical” serving - but only 25-30 calories; you may need to add additional proteins if you choose this one

Soy-Based/ Meat Substitutes (includes some non-dairy substitutes)

Edamame: in shell 2/3 cup; shelled 3/4 cup

Tofu: 4oz

Seitan: depends on the product!

Unsweetened soy milk: 1 cup

Other meat substitutes (e.g. “chicken,” meatballs, sausage, etc.): depends on the product!

Dairy

Yogurt: 6-8oz yogurt (3/4 to 1 cup) - from a to-go container or measure out of a big container!

Cheese: 1 slice of cheese; 1 string cheese; 1/3 cup shredded cheese; 1/3 cup crumbled cheese

Milk: 8 ounces

Eggs: 2 eggs

Dairy-Free Brands

If you're lactose intolerant or have other stomach issues when eating dairy here are some brands that taste good and may work for you.

Kite Hill - Greek Yogurt and cream cheese

Good Carma

Silk soy Dairy-Free Yogurt

Daiya brands

Chao non-dairy - cheese

Treeline - pread

Violife - feta

Tofuty - sour cream

